

Weeks 1, 2 & 3 Aim to work out 3 times a week. Do workout 1 twice a week and workout 2 once.

Workout 1 for men and women

Workout time 45 mins (5 mins Warm up + 30 mins Exercise sequence + 10 mins Cool down)

Warm up 5 mins aerobic exercise, gradually raising heart rate

Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	3mins@80%MHR	3mins@80%MHR	3mins@85%MHR
Chest press	16rm	14rm	14rm
Lunge	16rm	16rm	14rm
Lat pull-down	16rm	14rm	14rm
Leg curl	16rm	16rm	16rm
Aerobic exercise	3mins@80%MHR	4mins@85%MHR	5mins@85%MHR
Press-up	16rm	16rm	20rm
Ball squat	16rm	16rm	16rm
Single arm row	16rm	16rm	16rm
Power lunge	16rm each leg	16rm each leg	16rm each leg
Aerobic exercise	3mins@80%MHR	5mins@85%MHR	6mins@85%MHR
Dips	16	20	25
Leg curl	16rm	16rm	16rm
Reverse flye	14rm	14rm	14rm
Glute raise	16rm each leg	16rm each leg	16rm each leg
Aerobic exercise	3mins@80%MHR	5mins@85%MHR	6mins@85%MHR
Basic crunch	15	20	20
Reverse curl	15	20	20
Oblique crunch	15	20	20

Cool down Total body stretch sequence (see page 48)

Workout 2 for men

Workout time 50 mins (5 mins Warm up + 35 mins Exercise sequence + 10 mins Cool down)

Warm up 5 mins aerobic exercise, gradually raising heart rate

Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	1min@80%MHR 3mins@70%MHR (x5)	2mins@80%MHR 2mins@70%MHR (x6)	2mins@85%MHR 2mins@75%MHR (x6)
Chest press	14rm	12rm	12rm
Chest flye	-	14rm	12rm
Lat pull-down	14rm	14rm	12rm
Single arm row	-	14rm	12rm
Shoulder press	14rm	14rm	12rm
Lateral raise	14rm	12rm	12rm
Leg Curl	16rm	14rm	12rm
Lunge	-	14rm each leg	12rm each leg
Leg extension	16rm	14rm	12rm
Step ups	-	15 each leg	20 each leg
Bicep curl dumbbell	16rm	14rm	12rm
Dips	15	20	25
Repeat the 12 resistance exercises above			
Basic crunch	20	25	30
Reverse curl	5	20	20
Repeat the 2 exercises above			

Cool down Total body stretch sequence (see page 48)

Workout 2 for women Workout time 50 mins (5 mins Warm up + 35 mins Exercise sequence + 10 mins Cool down)

Warm up 5 mins aerobic exercise, gradually raising heart rate

Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	1min@80%MHR, 3mins@70% (x5)	2mins@80%MHR, 2mins@70% (x6)	2mins@85%MHR, 2mins@75% (x6)
Chest press	16rm	16rm	16rm
Leg curl	16rm	16rm	16rm
Single arm row ⁹¹	16rm	16rm	16rm
Power lunge ¹⁰⁶	16rm each leg	16rm each leg	16rm each leg
Lateral raise ⁸⁴	16rm	16rm	16rm
Ball squat ¹⁰⁸	16rm	16rm	16rm
Tricep extension ¹⁰¹	14rm	14rm	14rm
Repeat the 7 resistance exercises above			

Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	3mins@70%MHR, 4mins@80%, 3mins@70%.	3mins@70%MHR, 4mins@80%, 3mins@70%.	4mins@75%MHR, 3mins@80%, 3mins@75%.
Reverse curl	15	20	20
Basic crunch	15	20	20
Bridge	20 secs	30 secs	50 secs
Oblique bridge		20 secs	40 secs
Repeat the 4 resistance exercises above			

Cool down Total body stretch sequence (see page 48)

Weeks 4, 5 & 6 Aim to work out 3 times a week. Do workout 1 twice a week and workout 2 once.

Workout 1 for men and women

Workout time 55 mins (5 mins Warm up + 40 mins Exercise sequence + 10 mins Cool down)

Warm up 5 mins aerobic exercise, gradually raising heart rate

Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	4mins@80%MHR	5mins@80%MHR	6mins@85%MHR
Chest press	16rm (x2)	14rm (x2)	14rm (x2)
Lunge	16rm each leg	16rm each leg	14rm each leg
Lat pull-down	16rm (x2)	14rm (x2)	14rm (x2)
Leg curl	16rm	16rm	16rm
Aerobic exercise	4mins@80%MHR	5mins@85%MHR	6mins@85%MHR
Press-up	16rm	16rm (x2)	20rm (x2)
Ball squat	16rm	16rm	16rm
Single arm row	16rm	16rm	14rm
Power lunge	16rm	16rm	14rm
Aerobic exercise	4mins@80%MHR	6mins@85%MHR	7mins@85%MHR
Dips	16	20 rest, then 15	25 rest, then 20
Leg curl	16rm	16rm	16rm
Reverse flye	14rm	14rm	14rm
Glute raise	16rm each leg	16rm each leg	16rm each leg
Aerobic exercise	3mins@80%MHR	5mins@85%MHR	6mins@85%MHR
Basic crunch	15	20	20
Reverse curl	15	20	20
Oblique crunch	15	20	20
Bridge	20 secs	30 secs	50 secs
Oblique bridge		20 secs	40 secs

Cool down Total body stretch sequence (see page 48)

Workout 2 for men

Workout time 70 mins (5 mins Warm up + 55 mins Exercise sequence + 10 mins Cool down)

Warm up 5 mins aerobic exercise, gradually raising heart rate

Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	1min@80%MHR 3mins@70% (x5)	2mins@80%MHR 2mins@70% (x6)	2mins@85%MHR 2mins@75% (x6)
Press-up	14rm	12rm	12rm
Chest flye	14rm	14rm	12rm
Chest press	-	14rm	12rm
Lat pull-down	14rm	14rm	12rm
Single arm row	-	14rm	12rm
Reverse flye	16rm	14rm	14rm
Shoulder press	14rm	14rm	12rm
Lateral raise	14rm	12rm	12rm
Upright row	-	14rm	12rm
Leg curl	16rm	14rm	12rm
Lunge	-	14rm each leg	12rm each leg
Leg extension	16rm	14rm	12rm
Step ups	-	15 each leg	20 each leg
Bicep curl dumbbell	16rm	14rm	12rm
Dips	15	20	25
Aerobic exercise	10mins@75%MHR	10mins@80%MHR	10mins@85%MHR
Repeat the 15 resistance exercises above			
Basic crunch	20	25	30
Reverse Curl	15	20	20
Repeat the 2 resistance exercises above			

Cool down Total body stretch sequence (see page 48)

Workout 2 for women

Workout time 70 mins (5 mins Warm up + 55 mins Exercise sequence + 10 mins Cool down)

Warm up 5 mins aerobic exercise, gradually raising heart rate

Exercise sequence	beginner	intermediate	advanced	Exercise sequence	beginner	intermediate	advanced
Aerobic exercise	1mins@80%MHR 3mins@70% (x5)	2mins@80%MHR 2mins@70% (x6)	2mins@85%MHR 2mins@75% (x6)	Dips	15	20	20
Press-up	-	16rm	14rm	Repeat last 10 resistance exercises			
Chest press	16rm	16rm	14rm	Aerobic exercise	3mins@70%MHR 4mins@80% 3mins@70%	3mins@70%MHR 4mins@80% 4mins@70%	4mins@75%MHR 3mins@80% 5mins@75%
Leg curl	16rm	16rm	16rm	Reverse curl	20	25	25
Single arm row	16rm	16rm	14rm	Basic crunch	20	20	25
Power lunge	16rm each leg	16rm each leg	16rm each leg	Bridge	30 secs	40 secs	60 secs
Lat pull-down	16rm	16rm	14rm	Reverse curl	15	15	15
Lateral raise	16rm	16rm	16rm	Oblique bridge		20 secs	40 secs
Ball squat	16rm	16rm	16rm	Repeat the 5 resistance exercises above			
Tricep extension	14rm	14rm	14rm				

Cool down Total body stretch sequence (see page 48)